

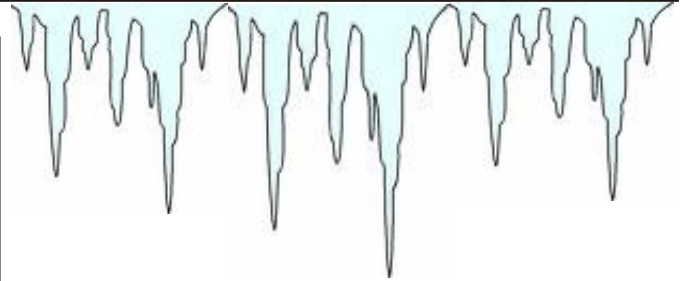
Murray City's Winter Swim Lessons

JOIN THE PARK CENTER'S AMERICAN RED CROSS SWIMMING & WATER SAFETY PROGRAM!

Our goal is to teach children safe practices in and around water and swimming skills while having fun. All lessons are taught by certified Water Safety Instructors. In order to improve the quality and effectiveness of swim lessons we are asking children be registered for the appropriate level according to their swimming skills. If you are unsure of your child's skill level please bring them in for an evaluation 30 minutes prior to the beginning of the first lesson. Please call 284-4200 and ask for Lindsey to set that up.

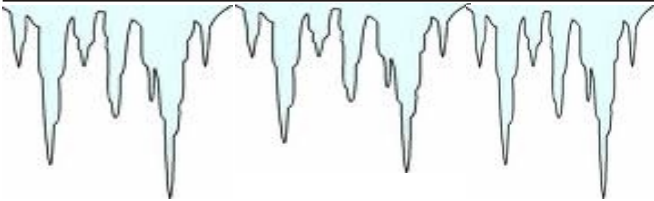
Tuesday & Thursday Evenings

Session	Dates
1	January 6 - 29 (Registration December 6 - January 2)
2	February 3 - 26 (Registration January 3 - 30)



Saturday Mornings

Session	Dates
3	January 10 - February 28 (Registration December 10 - January 6)



Swim Lesson Level Chart

AquaTots (ages 6 months - 5 years)

AquaTots: Water exploration with a parent/guardian accompanying child in the water; No experience necessary.

PreSchool (ages 3 - 4)

PreSchool 1: Hesitant to put face in water; No water experience necessary.

PreSchool 2: Can put face in water; Bob 3 times at chin level with no support; Enter water without any help; Float on Front and/or back supported for 3 seconds.

Beginning (ages 5 - 12)

Level 1: Hesitant to put face in water; No water experience necessary.

Level 2: Can move 5 yards; Bob 5 times chin level and safely exit the water; Float on front with support for 3 seconds, roll to back (with assistance) and float on back with support for 3 seconds.

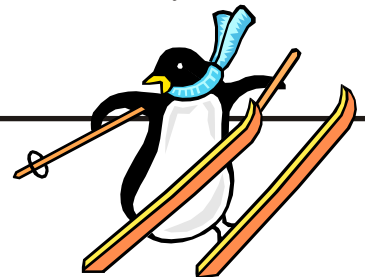
Level 3: Front float for 5 seconds, back float for 5 seconds; Swim using a combination of arm and leg actions for 15 feet on the front; push off and swim using a combination of arm and leg actions for 15 feet on back.

Advanced (ages 5 - 12)

Level 4: Swim front crawl for 15 yards with breathing to the side, tread for 30 seconds, swim back crawl 15 yards.

Level 5: Swim front crawl 25 yards; swim elementary backstroke for 15 yards, swim breaststroke for 15 yards, swim back crawl for 25 yards; tread water for 1 minute; float on back for 1 minute.

**After completing Level 5, Pre-comp is the next class to register for.



202 E. Murray Park Avenue
Murray, Utah 84107

THE PARK CENTER



(801) 284-4200
www.murray.utah.gov

Murray City Swim Lesson Registration Form



Child's Name: _____

Class registering for: _____ Level: _____

Session number: _____ Time: _____

Address: _____ City: _____ Zip: _____

Age: _____ Male or Female Birth Date: _____ Grade: _____ School: _____

Parent/Guardian Name: _____ Work Phone: _____

Home Phone: _____ Email Address: _____

Emergency Contact: _____ Phone: _____

Cost (per child, per session): Member/Resident: \$30
Non-Resident: \$35

**If your child is registered for the incorrect class, there may not be space to move them to the correct class.*

Has your child taken swim lessons at the Murray Park Center in the last 3 months? Yes / No
If yes, what was the last level completed? _____

Tuesday & Thursday Evenings

Session	Dates
1	January 6 - 29 (Registration Dec. 6 - Jan. 2)
2	February 3 - 26 (Registration Jan. 3 - 30).

4:00-4:40 PM

PreSchool
Beginning
Advanced

4:45-5:25 PM

AquaTots
PreSchool
Beginning

5:30-6:10 PM

PreSchool
Beginning
Advanced

6:15-6:55 PM

PreSchool
Beginning
Advanced

Saturday Mornings

Session	Dates
3	January 10 - February 28 (Registration Dec. 10 - Jan. 6)

9:00-9:40 AM

PreSchool
Beginning
Advanced

9:45-10:25 AM

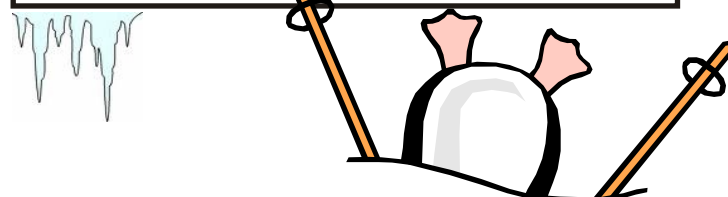
AquaTots
PreSchool
Beginning

10:30-11:10 AM

PreSchool
Beginning
Advanced

11:15-11:55 AM

PreSchool
Beginning
Advanced



Does your child have any physical limitations? ____No ____Yes, please explain_____

In consideration of the acceptance of my registration for the above activity, I hereby waive, release, and discharge any and all claims for damages, for death, personal injury, or property damage which my child may have, or which may hereafter accrue as a result of participation in said event. It is understood that some recreational activities involve an element of risk or danger of accidents, and knowing those risks, I hereby assume those risks. It is further understood and agreed that this waiver, release and assumption of risk is to be binding on my heirs and assigns. I have read and understood the foregoing registration, liability release, and consent to treat form and agree to all of their terms and conditions.

Signature of Parent/Guardian: _____ Date: _____

OFFICE USE ONLY		
Paid \$		
CSH	CHK	VSA
MC	DEBT	
Date		
Staff		